

# *Legendary Expeditions*



Travel information



## Luggage allowance

On light aircraft and helicopter flights, luggage is usually limited to one soft bag weighing a maximum of 15kg (33 lbs) per person. This weight includes hand luggage. We recommend bringing one soft duffel (maximum of 62" or 158cm linear), as a duffel enables you to pack more items without sacrificing any weight to your luggage. Weight restrictions vary with in-country scheduled flight carriers. Use a daypack, small duffel, or carry-on bag for your daily essentials, daily medication and a secure pouch for passports, tickets, and currency.

## Pre-departure

Put all necessary travel documents into an accessible, secure pouch. This includes your passport, visa where applicable), health and emergency information, credit cards, traveler's checks and local currency, customs registration forms for valuable items, and general identification.





## What to wear

When on safari we recommend wearing neutral colours (avoid whites, blacks, dark blues, bold colours and camouflage) and natural fabrics for comfort. Due to the temperature highs and lows from dawn to dusk, layering is key.

- Three pairs of lightweight cotton trousers
- A pair of light shoes for evenings
- Swimming costume
- Light windbreaker/ bush jacket
- Sweater or fleece jacket for evenings/ early mornings
- Four shirts — two long- and two short-sleeved shirts
- Two undershirts
- Sleepwear
- Socks and underclothing
- Open shoes or flip flops
- Comfortable walking shoes or lightweight hiking boots
- Three pairs of shorts
- Pocket rain and wind-proof jacket
- Two large-brimmed cotton hats/caps
- Scarf or buff
- Activewear

Please pack light and keep in mind when packing that all our lodges and camps have laundry facilities. At our migrational and tented camps, a light laundry service is included.



# Toiletries and personal items

Each of our camps and lodges is stocked with local brands of shampoo, conditioner, body wash, and laundry detergents. We recommend bringing your own if you require specific toiletries. Please see our guidelines for recommended toiletries below:

- Comb/brush
- Toothbrush, paste, and dental floss
- Deodorant
- Soap — personal and laundry
- Body lotion
- Make-up
- Mirror
- Nail file or clippers
- Hair care (wash and styling products)
- Sunscreen and lip balm
- Shaving kit
- Prescriptions
- Small first aid kit and items to relieve headaches, allergies or heartburn
- Feminine hygiene products
- Bug spray
- Wet naps or hand wipes
- Contact lenses, cleanser, drops, and case
- Spare glasses
- Small sewing kit





## Everyday essentials

To cover all your bases, we recommend bringing items of the following nature along on your safari adventure:

- Sunscreen and lip balm
- Sunglasses
- Binoculars
- Camera, video camera, and accessories
- Small flashlight
- Media player
- Plug/power converters
- Power bank
- Extra batteries, film, or memory cards
- Charging cords
- Journal or sketch pad
- Prescription medication

## Weather

We enjoy a warm, equatorial climate throughout the year. The short rains usually fall from mid-November to early December, with wonderful temperate weather from December to March. The long rains fall between April and May, while June to mid-November is the dry season. Rains are subject to change.

	JAN-MAR	APR-JUN	JUL-SEP	OCT-DEC
AVERAGE DAY	28°C / 83°F	23°C / 74°F	25°C / 77°F	27°C / 81°F
AVERAGE NIGHT	14°C / 57°F	14°C / 57°F	12°C / 55°F	14°C / 57°F



# Key information

## *1. Malaria*

Protection against malaria is recommended, as Tanzania is a low-risk Malaria area. Please seek advice from your doctor before traveling to obtain the required medication.

## *2. Yellow fever*

If you've recently visited a Yellow Fever country or travelled via a Yellow Fever country into Tanzania, you'll need to show a Yellow Fever certificate upon arrival in Tanzania. Click [here](#) to visit the WHO website and view the list of Yellow Fever countries.

## *3. Currency*

Tanzanian Shillings, United States Dollars (USD)

## *4. Tipping Guidelines*

Guides: USD 20-40 per person per day | General staff: USD 20-40 per person per day

## *5. Travel Visa*

We recommend pre-applying for your Tanzanian visas online – it's quick and easy and takes about 3 to 10 working days to be approved. This option is far better than obtaining one on arrival, as it reduces your time queuing at the airport. All details can be found [here](#). If you do not apply online, you're still able to obtain your visa on arrival, however, only the United States Dollar is accepted as currency for the payment.

## *6. Drones*

All drones are prohibited unless a special permit has been obtained.

## *7. Single-use plastics*

Single-use plastics are not permitted (recyclable Ziplock bags are allowed as long as they're not disposed of in Tanzania).



# Preventing jet lag and dehydration

Taking steps to reduce jet lag's effects can make all the difference when you wake up in your new destination. We've put together 10 tips to help you swiftly adjust to your new time zone and ensure you're revitalized and ready to make the most of your adventure.

## *1. Adjust your schedule*

In the days before your trip, gradually start shifting your sleep and meal times closer to your destination's time zone [East Africa Time (GMT+3)]

## *2. Stay hydrated*

Start hydrating before your flight and then continue to drink water and maintain your electrolyte balance for its duration.

## *3. Quality sleep*

Get a good night's sleep before departure, as being well-rested helps your body to adjust faster.

## *4. Avoid alcohol and caffeine*

Alcohol and excessive caffeine can disrupt your sleep patterns which, in turn, can exacerbate jet lag.

## *5. Soak up some natural light*

Spending time outdoors and exposing yourself to natural light will help to regulate your body's internal clock.

## *6. Eat well*

Avoid salty and high-sugar foods and focus on eating hydrating foods that promote melatonin production and are high in nutrients like tryptophan, magnesium, calcium, and vitamin B6.

## *7. Keep active*

Engage in some light stretching during your flight to encourage blood circulation and reduce stiffness.

## *8. Pack the essentials*

Ensure your flight is as comfortable as possible by packing noise-canceling headphones, an eye mask, and a neck pillow.

## *9. Practice meditation*

This will help you to destress and relax during your flight which, in turn, will leave you feeling better rested when you land.

## *10. Plan recovery time*

Give your body a day to adjust and acclimate upon arrival.





## Zanzibar travel advisory

Zanzibar requires all foreign visitors to have valid Inbound Travel Insurance for their stay. This requirement ensures that every traveller is covered for various emergencies including repatriation, evacuation, and other related contingencies. Inbound Travel Insurance is applicable to all guests, regardless of their existing medical or travel insurance coverage. To ensure a seamless travel experience, please apply online and pay in full for your Inbound Travel Insurance before departure. Compliance with this mandate is crucial, as failure to do so may result in entry denial at immigration checkpoints. Inbound Travel insurance can only be obtained online through Zanzibar Insurance Corporation – [click here](#).

## While you are travelling with us

Should you need to reach us in a travel emergency, please use our emergency contact numbers (listed below). Do not email us as our emails are not manned 24/7. If you have any questions while traveling, please don't hesitate to ask our Client Handling Team. If you require any assistance during your stay at our properties, please speak to our team on the ground, who are on hand to assist you in any way possible.

## Emergency contact numbers

+255 (0) 742 329 580 | +255 746 820 933 | +255 763 799 691